

October –November - December 2010

PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

We understand that advanced registration for twelve week sessions may be difficult for some, but it will allow us to determine when a class has sufficient participation to cover the instructors' fees, and it will relieve the instructors from collecting class fees as they have done in the past. In cases where people may not choose or be available to sign up for three months, we will do our best to allow sign up for shorter periods. Our policy will be to first accommodate people who wish to register for the full 12 week session and then accept as many "part-timers" as space allows. Please note: Westport residents will receive priority in all classes that have space limitations. Refunds will be granted for up to two weeks prior to the start of any program. A full refund will be granted should the Center need to cancel a program. A credit will be issued should a medical or other extenuating circumstance arise. Scholarships for Westport residents are available by contacting either Susan Pfister at 341-5098 or Sue Lebrija at 341-1071. All requests will be kept confidential. ***Registration for Westport residents will begin on Monday, September 13th, 2010 at 8:30 a.m. You will only be allowed to register for yourself or one household. Numbers will be distributed by the WCSA Staff @ 7:30 a.m. to assure a fair and orderly registration process. Please complete the registration form on the back page to help expedite the registration process. Out of town registration will begin on September 20th.***

Municipal Agent to Visit Center

Sue Lebrija, from the Department of Human Services, will visit the Center on Fri. Oct 22, Mon. Nov 22, Wed. Dec 15 to discuss prescription drug assistance, tax relief, housing issues, home care, transportation and any other issue you may be dealing with. All visits will start at 11:00 a.m. Individual appointments can be made ahead of time by calling Sue at 341-1071 or by emailing her at: slebrija@westportct.gov.

Help us to Go Green and Save

Paper! Please email jsuchsland@westportct.gov to have your name added to our weekly list reminding you of upcoming events at the Center. You may also access the Center's quarterly calendar and monthly menu on the Town's web site at: www.westportct.gov.

Center's Phone Directory

Main Number 203-341-5099 (with answering machine after-hours)

Susan Pfister, Director

203-341-5098

Joan Upchurch, Senior Nutrition

Program Coordinator

203-341-5097

Lisa Marriott, Program Specialist

203-341-5096

Janet Suchsland, Secretary

203-341-5095

Benjamin Palmer, Receptionist

203-341-5099

Center's Hours:

Monday	8:30 – 4:30 p.m.
Tuesday	8:30 – 4:30 p.m.
Wednesday	8:30 – 4:30 p.m.
Thursday	8:30 – 8:00 p.m.
Friday	8:30 – 4:30 p.m.
Saturday	8:30 – 12:30 p.m.

Creative Arts/Crafts/Socials

October, November, December 2010

Beading, Jewelry or Stained Glass Instruction

Learn how to make necklaces, bracelets and decorative items. Learn about the different types of glass, how to cut, copper foil, solder, frame and grind to create a beautiful finished product.

Instructor: Kyra Avalotis
Friday, Oct. 1 – Dec. 17
(no class 11/26)

Time: 10:00 – Noon
11 Classes = \$33.00

Drawing & Watercolor

College professor Tom Scippa will teach the art of drawing and watercolor techniques.

Beginners:

Monday, Oct. 4 – Dec. 27
(no class 10/11)

Time: 10:00 – Noon
12 classes = \$36.00

Intermediate:

Tuesday, Oct. 5 – Dec. 28

Time: 10:00 – Noon
13 classes = \$39.00

Beyond One-Stroke Painting

You'll be using techniques to paint on items we provide. Hand-painted designs will include glass, wood, fabric, metal and canvas. Supplies will be provided.

Instructor: Darraugh Cianfichi
Thursday, Oct. 7 – Dec. 16
(no class 11/11, 11/25)

Time: 4:30 – 6:30 p.m.
9 classes = \$36.00

Open Portrait Sketching & Painting Workshop

This is a relaxed and fun workshop where we create, learn and support each other.

Facilitator: Vicki Forest
Wednesday, Oct. 6 – Dec. 29
Time: 9:00 – Noon
Cost: \$5.00 /class

Joy of Painting I

Learning techniques: watercolor, botanicals, acrylic, pastel, pencil and charcoal. Beginners are welcome.

Instructor: Barbara Lawless
Thursday, Oct. 7 – Dec. 16
(no classes 11/11, 11/25)
Time: 10:00 – Noon
9 classes = \$27.00

Joy of Painting II

Learning skills: perspective, composition, negative/positive space, color and values.

Instructor: Barbara Lawless
Thursday, Oct. 7 – Dec. 16
(no classes 11/11, 11/25)
Time: 1:00 – 3:00 p.m.
9 classes = \$27.00

Sculpture Instruction

For beginners & experienced. You'll work in clay exploring techniques and developing individual expression. Clay pieces will be fired in kiln and either painted or glazed.

Instructor: Tom Scippa
Tuesday, Oct. 5 – Dec. 28
Time: 1:00 – 3:00 p.m.
13 classes = \$39.00

Open Craft Workshop

Jean Handy and company will help you complete any craft or art project you just haven't been able to finish.

Date: Every Wednesday
Time: 1:00 – 3:00 p.m.
Cost: Free!

Lisa Arnold Returns with Drawing Animals...

Who wouldn't like to paint or draw their favorite pet! We will work with colored pencil, water color, and pastel.

Instructor: Lisa Arnold
Date: Friday, Oct. 1 – Dec. 17
(no class 11/26)
Time: 1:00 – 3:00 p.m.
11 classes = \$33.00

Open Workshop with Nor

Nor Smitobol is offering to share his wealth of talent and skill with you on any art or craft project that you may need assistance with. Nor will be in the art room every Monday from 1:00 – 3:00 p.m. Bring your project and Nor will assist you and teach you in the process. Nor can help you frame a picture, repair a broken lamp, teach you calligraphy and much more. There is no charge!

Art 101 – The Basics of Painting Discussion....

Learn how to take that idea from your head and translate it to paper in this one time class. Size, Material, Mediums, Color and Composition will all be discussed and demonstrated. Facilitator: Susan Malloy (local artist!)

Date: Wednesday, Dec. 8
Time: 1:00 – 2:00 p.m.
Cost: Free
Pre-registration required

Creative Arts/Crafts/Socials

October, November, December 2010

Floral & Boxwood

Arrangement Workshops

Patty Angione returns to conduct four holiday decorating workshops:

Friday, Oct. 22

Fall Arrangement

Monday, Nov. 22

Thanksgiving Arrangement

Friday, Dec. 10

Boxwood Tree

Friday, Dec. 17

Boxwood Wreath

Time: 1:00 – 3:00 p.m.

Cost: \$15.00/class

Limit 10 persons

Please pick up supply list when registering at the front desk.

7th Annual Photographic Exhibition

The Y's Men/Center's 7th Annual Photographic Exhibition will be held from October 28, 2010 – January 3, 2011. The opening gala celebration will take place on Thursday, October 28th from 4:00 – 6:30 p.m. with First Selectman Gordon Joseloff of Westport and First Selectwoman Gayle Weinstein of Weston presenting awards. If you are interested in participating in the contest kindly see Ben at the front desk for an application.

Memoirs – A True Legacy...

Writing the story of your life is a true gift to those you leave behind one day. Your legacy is about the times you lived in, the events that have shaped your

life. There is no time like the present to begin writing your memoirs which will be read and cherished by your children for years to come!

Instructor: Barbara Twickler

Date: Friday, Oct. 15, 22, 29,
Nov. 5

Time: 10:30 – Noon

Cost: \$12.00

Saturday Socials

• October 16 –

Lunch followed by the movie

Letters to Juliet starring Amanda Seyfried & Vanessa Redgrave. Aspiring writer Sophie finds a 50-year old letter that will change her life forever.

Time: 12:30 p.m.

Cost: \$6.00 per person

Pre-registration required.

• November 13 –

Chef Bob will be creating a wonderful lunch for all attendees and then the Center's own Jerry Zeiring and his Orchestra will be playing all your favorites from the 30's, 40's and 50's.

Time: 12:30 p.m.

Cost: \$6.00 per person

Pre-registration required.

• December 11 –

The Westport/Weston YMCA's Showtime Gymnasts are back! Cookies and beverages will be served.

Time: 12:30 p.m.

Cost: Free!

Pre-registration required.

Thursday Evening Movies with Supper

These movies will be shown on the Center's large screen in the

media room. Nutritious sandwiches, dessert and beverages will be offered at 5:15 p.m. The movie will start at 6:00 pm

• November 4

Mother and Child starring Annette Benning and Naomi Watts. A drama centered around a 50-year-old woman, the daughter she gave up for adoption 35 years ago, and a woman looking to adopt a child of her own.

• December 16

Cyrus starring John C. Reilly and Marisa Tomei. A recently divorced man meets the woman of his dreams. Then he meets her son.

Cost: \$6.00 per person. Movie alone \$3.00. Pre-registration and payment required!

Saturday Brunch Buffet

Come and enjoy a delicious brunch prepared by Chef Bob LaBrusciano featuring: Carving Station – Turkey & Loin of Pork, mini Danish & Muffins, Crossants, Smoked Salmon & Crackers, Pancakes/Blueberry, Turkey & Reg. Bacon, Sausage, Home Fries, Scrambled Eggs, Western Eggs, French Toast, Melon, Coffee, Tea and Orange Juice.

Date: Saturday, Oct. 30

Time: 10:00 – Noon

Cost: \$8.00 per person

Pre-registration and payment are required.

Foreign Languages and Games

October, November, December 2010

LANGUAGES

Beginner's Spanish

This course provides solid syntax, grammar and vocabulary foundations. No previous experience or recent exposure to the language required. Emphasis will be on developing functional and useful conversational skills.

Instructor: Monica Sosa

Monday, Oct. 18 – Dec. 27

Time: 11:00 – Noon

11 classes = \$33.00

Intermediate Spanish

Building on Spanish for beginners, this course goes into more advanced grammar, speech, conversational and writing skills.

Instructor: Monica Sosa

Monday, Oct. 18 – Dec. 27

Time: 10:00 – 11:00 a.m.

11 classes = \$33.00

Beg./Inter. French with Nell Mednick

We will send you on a make-believe trip to France and you will learn to hold a conversation in French from the airport to your hotel, from taking a metro to getting your rental car. We'll discuss the names of French dishes and how to order them. You'll learn how to ask for directions to the cinema and museums.

Wednesday, Oct. 6 – Dec. 29

Time: 1:00 – 2:30 p.m.

13 classes = \$39.00

Conversational French

You'll speak French from the moment you walk into class to the

moment you leave. You'll improve your speaking and listening skills.

Instructor: Nell Mednick

Wednesday, Oct. 6 – Dec. 29

Time: 10:30 – Noon

13 classes = \$39.00

Conversational German –

Instructor Nell Mednick will be providing you with current German newspapers that you will read and discuss. A good knowledge of German is required for this class.

Tuesday, Oct. 5 – Dec. 28

Time: 10:00 – 11:30 a.m.

13 classes = \$39.00

GAMES

Recreational Bridge

Date: Every Monday

Time: 10:00 – 11:30 a.m. and from 1:15 – 4:15 p.m.

Cost: Free!

Come and make up your own foursome in the café.

Please note: No instruction is provided.

Bridge Instruction with Lenore

You'll learn the language of bidding, scoring, guidelines for play and hand valuation. Come improve upon your skills and improve your game.

Instructor: Lenore Ehrensaal

Monday, Oct. 4 – Dec. 27

(no class 10/11)

Time: 10:00 – 11:45 a.m.

12 classes = \$36.00

Poker

Come and enjoy the game of poker every Tuesday and Thursday from 9:30 – Noon in the game room.

You'll have loads of fun!



Bingo

Come and play different types of Bingo games called by the one and only Dana Johnson. You'll have fun and maybe even go home a winner!

Every Thursday from 1:15 – 2:30 p.m. Refreshments will be served.

Mah-Jongg

A game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. Instructor, Annette Kirban will get you started.

Thursday, Oct. 14, 21, 28, Nov. 4, 18

Time: 1:15 – 3:00 p.m.

5 Classes = \$15.00

Billiards Pool Table

The Center has a beautiful pool table in the game room available for free play on a pre-registered basis. Please call the Center at 203-341-5099 for your time slot.

Table Tennis

Is set up every Tuesday from 1:30 – 3:00 p.m. on a first come first served basis. Additional times can be arranged as space permits.

Pinochle – A pinochle club has been established at the Center. The club meets every Friday in the café at 1:00 p.m. If you have an interest, please join them. Players of all abilities are welcome!

Culinary

October, November, December 2010

Blue Lemon Chef to Visit

Chef Bryan Malcarney will once again be back at The Center to conduct a cooking demonstration in the kitchen. This time his menu will be featuring:

Roasted butternut squash soup, Arroz Con Pollo (chicken with rice latin style), and apple crisp.

The Blue Lemon restaurant received a Very Good from the NY Times!

Date: Thursday, Oct. 21

Time: 5:00 – 7:00 p.m.

Cost: \$25.00/person

Limit: 10 persons

Payment and pre-registration required

Nutrition Education

Nancy Ferriello, M.S., R.D., CD-N from the Senior Nutrition Program of Catholic Charities will present the following educational program at the Center:

- Diabetes and Nutrition

Learn how to better manage an existing condition or guard against developing Diabetes. Learn lifestyle changes and the importance of diet in the treatment and prevention of Diabetes.

Date: Monday, Nov. 15

Time: 1:15 – 1:45 p.m.

Cost: Free!

Chef Jeanne Licurse Returns!

Holistic health expert Jeanne Licurse returns thanks to support from the Friends of the Westport Center for Senior Activities, Jeanne will be creating the following menus for your tasting. This series will be conducted in the kitchen.

Thursday, Oct. 28

Creamy Butternut Squash and Pear Soup, Brown Rice with Sweet Caramelized Onions and Kelp, Sautéed French Lentils.

Thursday, Nov. 4

Pork Chops Provencal, Sautéed Apples and Red Cabbage.

Thursday, Dec. 9

French Christmas Dinner: Rack of Lamb, Herb Roasted Potatoes, Sautéed Greens.

Time: 3:00 – 5:00 p.m.

Cost: \$6.00/class

Limit: 12 persons

Payment and pre-registration required.

Did You Know...

That the Center participates in the Senior Nutrition Program and offers a delicious lunch Monday – Friday for a suggested donation of \$4-6? The meal includes a home-made soup, salad, entrée, veggie, starch, dessert, beverage and meets 1/3 RDA guidelines.

**Save the Date:
Holiday Luncheon: Dec. 21st!**

Sample menus are as follows:

*Crab Cake over Field Greens, Potato Salad, Carrot Raisin Salad, and Grapes.

*London Broil, Rosemary Potatoes, Asparagus Tips, Tossed Salad and a Cookie.

*Roast Turkey w/gravy, Mashed Potatoes, Spinach, Cottage Cheese/Pear Salad and Banana Cake.

*Salmon Burger, Sweet Potato Fries, Peppers and Onions, Tossed Salad and an Orange.

*BBQ Pork Chop, Baked Sweet Potato, Green Beans, Beet Salad, and Cantaloupe.

*Chicken Pizzaiola over Pasta, Broccoli, Spinach Salad and Tapioca Pudding.

A 24-hour advance reservation is required. Please call 203.341.5099 to make a reservation.



Center Holidays

Monday, Oct. 11 Columbus Day
Thursday, Nov. 11 Veteran's Day
Thursday, Nov. 25 Thanksgiving
Friday, Nov. 26 Thanksgiving
Thursday, Dec. 23 Christmas
Friday, Dec. 24 Christmas
Saturday, Dec. 25 Christmas
Thursday, Dec. 30 New Years
Friday, Dec. 31 New Years
Saturday, Jan. 1 New Years

Lectures/Wellness

October, November, December 2010

Let's Talk

Lisa Schwartz and Anthony Silver, MFT interns from Jewish Family Services will facilitate a discussion group of any subject matter that may be on your mind. Come and express your issues and concerns in a safe and supportive environment.

Date: Tuesday, Oct. 5 – Dec. 28

Time: 1:00 – 2:00 p.m.

Cost: Free!

Westport Public Library

Update: What's New?

A reference librarian from the Westport Public Library will visit and share the “happenings” at the library. Calendars and schedules from the library will be distributed.

Date: Tuesday, Oct. 12, Nov. 2, Dec. 14

Time: 10:30 a.m.

Cost: Free!

Parkinson's Support

Facilitated by Paul Green, this group will share challenges, techniques, support and knowledge. Professional guest speakers are often invited to share their knowledge, too. Family and caregivers are welcome.

Date: Wednesday, Oct. 27, Nov. 24, Dec. 22

Time: 10:00 – Noon

Cost: Free!

Channe Fodeman, MSW

Monday, Nov. 1 - 1:15 – 2:30
“Conscious Aging”

Monday, Dec. 6 - 1:15 – 2:30
“Adapting To Transition”

Lectures are free, interactive participation encouraged.

Blood Pressure Screening

Visiting Nurse & Hospice of Fairfield County will offer a **free** blood pressure screening on the 4th Tuesday and 2nd Friday of the month from 9:30 – 11:30 a.m.

Dates: Tuesday, Oct. 26, Nov. 23, Dec. 28.

Friday, Oct. 8, Nov. 12, Dec. 10.

Smiling Seniors Group

Come enjoy a fun bunch of single seniors! The group will meet on the following Thursdays:

Date: Oct. 28, Nov. 18, Dec. 16

Free!

Time: 6:30 – 8:00 p.m.

Facilitator: Stacy Enyeart



Westport Police

Department's Detective

John Rocke to Visit

Detective Rocke will visit on Friday, Oct. 29, Nov. 19, Dec. 17 from 10:00 – 11:00 a.m. to informally chat about police matters, ID theft, scams and to answer any questions or concerns you may have.

Current Events

Facilitator Al Balas leads a dynamic, interactive discussion every Tuesday from 10:30 – 11:45 a.m. on issues throughout the world and on happenings right here in Westport. Feel free to express your opinion in a safe and respected atmosphere.

Cost: Free!

Safe Driver's Class

This eight-hour course will review trends and safety tips pertinent to older drivers. An officer from the Westport Police Department will make a guest appearance. Please note: You must attend both classes to receive your certificate.

Date: Monday, Oct. 18 & 25

OR

Monday, Dec. 6 & 13

Time: 1:00 – 4:30 p.m.

Cost: \$12.00 AARP member

\$14.00 non-AARP member

Pre-registration and payment with checks made payable to AARP required.

Just for Men

An informal safe haven for men 60+ years of age to discuss issues related to family, retirement, job loss/change, children, grandchildren and other unlimited topics. Share your feelings and concerns with other men in an atmosphere of respect and confidentiality.

Dates: Thursday, Oct. 14, 28, Nov. 18, Dec. 9

Time: 6:45 – 8:00 p.m.

Cost: Free!

Pre-registration required.

Just for Women

This women's group will be an open forum for discussion. Guest speakers will be invited, occasionally a film relevant to women will be shown.

Facilitator: Mildred Bunche, LPC

Thursday, Oct. 7 – Dec. 16

(no class 11/11, 11/25)

Time: 3:30 – 4:30 p.m.

Cost: Free!

Pre-registration required.

“Magical Moments”

Saturday, Oct. 9

”That’s Dancing” featuring Astaire/Rogers, Gene Kelly, Marge and Gower Champion, The Nicholas Brothers and some surprises.

Saturday, Nov. 6

“Lost or Not Nominated for the Oscar” featuring Leslie Caron, Bob Fosse, Betty Hutton, Betty Grable, Mickey Rooney and others.

Saturday, Dec. 4

“Great Stars” NEW EDITION, appearing will be Astaire, Kelly, Garland, Nelson Eddy and Jeanette MacDonald and more!

Mr. Byron Matthews, a lecturer from the Lifetime Learners Institute, maintains an extensive, ever-growing library of films and has an impressive knowledge of the movie industry.

Time: 10:30 – Noon

Cost: Free!

American History Lectures

Saturday, Oct. 23

The Old Flag, a Yankee Newspaper in a Confederate Prison Camp.

Saturday, Nov. 20

From Antietam to Appomattox with the 14th Regiment CT Voluntary Infantry.

Saturday, Dec. 18

50 Stars, 50 States, 50 Flags, the fabric of our nation.

Facilitator: Bob Berthelson

Time: 10:30 – Noon

Cost: Free!

Biographies and Documentaries Shown...

Come to The Center and see some of the best biographies and documentaries made to date. Some movies that will be screened are Garrison Keillor, The Man in the Red Shoes, Einstein’s Wife, and many more!

The schedule will be located in the activity rack by the café.

Date: Wednesdays

Time: 2:15 – 4:00 p.m.

Cost: Free!

Mind-Body Medicine Lecture/Workshop Series

A Practical Guide for Transforming Stress, Pain and Illness into a Self-Healing Journey. This series in mind-body medicine will teach you how to live, and how to develop therapeutic skills of guided imagery and mindfulness meditation.

Workshop topics include:

Thursday, Oct. 7, 14

How our Biography Become our Biology, The Body-Mind Bears the Burden

Thursday, Oct. 21, 28

Listening to Your Symptoms and Listening to Inner Wisdom, Finding Your Self-Healer with Clinical Guided Imagery

Thursday, Nov. 4

Mindfulness Meditation & The Healing power of Unconditional Presence

Thursday, Nov. 18

In the Heart of the Pain is the Healing....Cultivating Compassion, The Healing Journey Meets the Spiritual Path.

Instructor: Paul Epstein, ND

Time: 11:00 – Noon

Cost: Free!

Mindfulness Meditation

“A Practical Way to Improve Your Physical and Emotional Health.” Mindfulness is a nonjudgmental, supportive way of being, that keeps one’s awareness in the present moment that can be practiced at any time and in any setting. It is an excellent educational tool that minimizes stress, sleep

disturbances, headaches, anxiety and high blood pressure. Attend this seminar and open up a new and beneficial way of being.

Dates: Tuesdays, Oct. 5 – Dec. 28

Time: 2:00 – 3:00 p.m.

Cost: \$39.00

Pre-registration required.

CT Money School (CMS), Your Money, Your Life Presents: “Taking Charge of YOUR Wealth”

This United Way sponsored program provides free financial education seminars:

- Thursday, Sept. 30
Take Control of your Investment Portfolio
- Thursday, Oct. 7
Estate Planning
- Thursday, Oct. 14
The State of Real Estate
- Thursday, Oct. 21
Roundtable Discussion: Q&A

This Series will address how to assess one’s financial situation, making sure your estate plan is in order, understanding the real estate market, values and trends, followed by a panel discussion for questions and answers. Panelists: Louis Albanese, President Catamount Wealth Management, Attorney, Shelby L. Wilson, and Michelle Genovesi, Owner, Michelle & Company Real Estate.
Time: 5:00 – 6:30 p.m.
Cost: Free!
Pre-registration required!

**Local Rheumatologist Hana
Hulinska, MD to visit the
Center.....**

Dr. Hulinska will be here to present a talk on the topic dealing with musculoskeletal health. Discussion will include how to maintain healthy bones/osteoporosis/lifestyle.
Date: Friday, Oct. 1
Time: 1:00 – 2:00 p.m.
Cost: Free!

Septic Education Task Force.....

What every Westporter should know about septic systems. How the Town of Westport is adopting regulations from the 2007 Town Plan and what the Task Force's mission and strategies are. Everyone with a septic system should be aware of the water safety issues associated with your septic system.
Presenters: Pippa Bell Ader and Jonathan Steinberg
Date: Wednesday, Oct. 13
Time: 11:00 – noon
Cost: Free!

Lectures, discussions and more Visiting Nurse & Hospice of Fairfield County:

What is Hospice? Presented by Kristen Carpenter, LCSW

Kristen will be dispelling the myths about hospice, describing what is palliative care/comfort care, who is eligible, who pays for the hospice services, all followed by a Q&A.

Monday, Oct. 18

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

Aging Mindfully. Presented by Nanette Greene, LPC

This workshop is an opportunity for those who seek to deepen their relationship with themselves; to explore aging as a new beginning

and a chance to transcend society's narrow view of age. Learn to grieve old losses making space for the wisdom of your present body, mind, and soul.

Monday, Nov. 15

Time: 10:30 – Noon

Cost: Free!

Pre-registration required

Creating Daily, Affordable, Vacation Moments – During the Holiday Season. Rev. Karen S. Judd, LCSW

This time of year, with all of the holidays and expectations, our level of stress and active minds can go into overload leaving us tired, anxious, depressed. This workshop will teach you some tools that can help you to relax and to calm your very busy mind.

All are welcome!

Monday, Dec. 13

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

Presenter: Art Gottlieb,

LCSW, CSA will be sharing his knowledge on the following subjects in a fascinating presentation each month:

U Boat War in the Atlantic:

1939-1945: An epic story of the desperate six-year struggle between allied forces and the German Navy to control the sea-lanes between America and the British Isles; a battle that, had it been lost, would have profoundly changed the course of World War II.

Date: Friday, Oct. 15

Monitor vs. Merrimac: The Battle of Hampton Roads:

In March of 1862, the Confederate Navy attempted to break the Union Navy's blockade of this major ports supplied through the Chesapeake Bay. The resultant naval battle was the first ever duel

between iron clad warships, an event that in one single stroke marked every wooden warship in the world as relics of a by gone era.

Date: Friday, Nov. 12

December 7, 1941: The Attack on Pearl Harbor: The daring gamble by the Japanese to neutralize the US Pacific Fleet at Pearl Harbor catapulted America's official entry into World war II. This event changed what was planned as a measured response towards Japanese hostilities in the Pacific into a galvanized American effort to drive Imperial Japan to the point of unconditional surrender.

Date: Friday, Dec. 10

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

The Law of Attraction

Local Business Coach, Joe Grushkin will be sharing his expertise with you in this lecture on "Getting more of what you want and less of what you don't want out of life."

Date: Wednesday, Oct. 6

Time: 11:00 – Noon

Cost: Free!

Pre-registration required

Farmers Market Tour....Field Trip!

On Thursday, October 7th you will be treated to a tour of the Farmers Market located on Imperial Avenue. The Markets Director, Lori Cochoran will be sharing her knowledge of the local vendors as we shop and sample some of their treats!

Date: Thursday, Oct. 7 (rain date Oct. 14)

Time: 10:00 – Please meet at the information table at the Market located on Imperial Avenue

Cost: Free!

Pre-registration required

Get Moving with Arthritis

You will receive an overview of arthritis, interactive and fun exercise demonstrations, followed by Q&A. This seminar will be lead by Sue Nesci, Chief Public Health & Policy Officer of the Arthritis Foundation

Date: Friday, Oct. 8

Time: 1:00 – 2:00 p.m.

Costs: Free!

Pre-registration required.

State of CT Insurance Dept., Division of Consumer Services will Visit.

To discuss the complex and difficult decisions that you confront when purchasing each major type of insurance: health, life, automobile, homeowner's or renter's, and long-term care.

Date: Tuesday, Oct. 12

Time: 1:30 – 3:00 p.m.

Cost: Free!

Pre-registration required.

The Westport Historical Society...Putting Westport on the Map! Field Trip...

Throughout the ages maps have been used to direct people from one location to another. Most people use the most recent map so that they understand any new routes that have been created. But maps have other values such as providing a view into the past. They can trace the history of specific areas of land, how the land was developed, used and who lived on the land.

This exhibit provides a view of Westport from the perspective of maps including the unveiling of an 1812 map of Connecticut given to the WHS. Various other maps will be exhibited with explanations of usage from prior to the incorporation of Westport to modern day. The exhibit also

provides an insight into the development of maps throughout time.

Come join us and find the location of your house on several maps in the exhibit.

Light refreshments follow.

Date: Friday, Oct. 15

Time: 1:15 p.m. – Please meet at the Westport Historical Society, 25 Avery Place

Cost: Free!

Pre-registration required.

Professor John Gerlach returns to the Center....

“How to Develop and Monitor an Investment Portfolio” will cover how to evaluate the portion of an individual's assets into the 4 classes of assets (Cash, Equities, Bonds and Alternative Investments) based on economic and market conditions, and then how to select the proper benchmarks to monitor the performance of the portfolio. Each person in the class will be asked to develop a portfolio and track its performance. We will also review the methodologies for selecting stocks and bonds in the portfolio and discuss what is happening in the market each week that would influence investment decisions.

Professor Gerlach is an Associate Professor in the Department of Economics and Finance at the John F. Welch College of Business at Sacred Heart University.

Dates: Wednesday, Oct. 13 – Nov. 17 (6 sessions).

Time: 1:00 – 2:00 p.m.

Cost: Free!

Pre-registration is required.

Dr. Adam Propper returns to the Center

Join Dr. Propper, who is a National Wellness Consultant, Board Certified Doctor of Chiropractic and has received Post Graduate

education in the field of anti-aging, arthritis, Pain Management among others, for his Health and Wellness Series of talks, he will be sharing important health information with you at each session.

Date: Tuesday, Oct. 19

Natural Approach to Arthritis Relief

Date: Tuesday, Nov. 16

Natural Approaches to Reduce Stress

Date: Tuesday, Dec. 7

Natural Solutions to Digestive Problems

Time: 1:00 – 2:00 p.m.

Cost: Free!

Pre-registration required.

“Memory” at the Westport Arts Center – Field Trip!

Come to the Westport Arts Center for a tour of the gallery, focusing on key works in the fall exhibition “Memory.” This exhibition will explore the importance and fragility of memory, and assert that documenting ones' own experiences is a valuable undertaking. After the tour visitors will have the opportunity to create works of art inspired by their own memories. No previous art experience necessary.

Date: Wednesday, Oct. 20

Time: 10:00 – 11:00 a.m. – Please meet at the Westport Arts Center, 51 Riverside Ave.

Cost: Free

Pre-registration required.

Electric Deregulation and Lowering Your Electric Bill....

Are you confused about switching electric suppliers from CL&P or UI? It seems so many Connecticut residents would like to lower their electric bill but don't know how. This informative program will help you make the right decision.

Presenter: Michelle Erca
Date: Tuesday, Nov. 2
Time: 1:00 – 2:00 p.m.
Cost: Free!
Pre-registration required.

Local Author Samantha Heller here to discuss her book...Get Smart

Get Smart: Samantha Heller's nutrition prescription for boosting brain power and optimizing total body health. Samantha's book gives tips, recommendations, shopping lists and recipes to help people reduce the risk of dementia & cognitive decline, improve memory, sharpen focus, lose weight and ultimately find the car keys!

Samantha Heller, is a Clinical Nutritionist, Registered Dietician, Exercise Physiologist

Date: Wednesday, Nov. 10

Time: 11:00 – Noon

Cost: Free!

Pre-registration required.

SAVE THE DATE

Westport/Weston Health District
Flu Clinic will be held at the Center on Wednesday, Nov. 10 from 5:30 – 8:00 p.m.

Community Memory Screening

Nursing and Home Care will be providing screenings on Friday, November 19th. If you answer YES to any of the following questions, you may benefit from a screening: Have I become lost when driving? Am I becoming more forgetful? Do I have more trouble concentrating? Do I forget where I am? Do I have difficulty with familiar tasks? Am I misplacing things more often? Screenings are ALSO appropriate for anyone who does not have a concern right now, but who wants to evaluate their

memory baseline for future comparisons.

Screenings are preformed in a private setting by an experienced health care professional.

Date: Friday, Nov. 19

Time: 9:30 – 11:30 a.m.

Cost: Free!

Pre-registration is required by calling Visiting Nurse & Hospice of Fairfield County at: 203-762-8958.

Dr. Stu Steinman returns to the Center

This lecture will give you an overview of sports medicine and how it pertains to the aging body. Dr. Steinman is a sports medicine specialist, serves on the CT medical Society Committee for Sports and Exercise, and is an Adjunct professor at Sacred Heart University.

Date: Monday, Nov. 1

Time: 10:00 – 11:00 a.m.

Cost: Free!

Pre-registration required.

The Westport Country Playhouse's

Managing Director, Michael Ross, discusses the upcoming season and other exciting happenings at the Playhouse.

Date: Wednesday, Dec. 1

Time: 11:00 – Noon

Cost: Free!

Pre-registration Required

David Junga, Registered Respiratory Therapist, will be here to educate

If you suffer from any shortness of breath due to a Pulmonary condition, you need the expertise & knowledge that David can share with you to help you breath better.

Date: Wednesday, Nov. 17

Time: 11:00 - Noon

Cost: Free!

Pre-registration required.

Ina Chadwick's Speakeasy Storytelling...

Participants will be given an accessible and universal theme to prompt their imagination and memory. Within a supportive structure, participants will learn how to tell a story in a short amount of time, and how to help others tell a great story. These are not word-for-word memorized or written works, but stories people know by heart. These are stories about your life. The oral tradition is the bedrock of our culture and is a generous way to share laughter, wisdom and sometimes a few tears.

Facilitator: Ina Chadwick

Dates: Tuesday, Oct. 5, 12, 19, 26

Time: 11:00 – Noon

Cost: \$16.00

Pre-registration required.

Hearing Screenings



David Ogilvy, BC-HIS visits the Center on the 2nd Wednesday of every month by appointment only. David will do a full hearing screening, check the batteries in your hearing aid and/or check your ears for wax. To make an appointment for any of these services, kindly contact the Center at 203.341.5099.

Exercise/Dance

October, November, December 2010

Yoga for Total Health

Learn the basics of Kripalau-based Hatha Yoga in a gentle, warm environment.

Instructors: D. O'Hearn, E. Harris
Monday, Wednesday and Friday
Time: 8:45 – 9:45 a.m.

Monday, Oct. 4 – Dec. 27

(no class 10/11)

12 classes = \$36.00

Wednesday, Oct. 6 – Dec. 29

13 classes = \$39.00

Friday, Oct. 1 – Dec. 17

(no class 11/26)

11 classes = \$33.00

Self-Awakening Yoga

Learn the Yoga postures integrating breathing and meditation techniques to increase vitality and focus, giving a sense of peace, balance and well-being.

Instructor: Kathy Jaminson

Saturday, Oct. 2 – Dec. 18

Time: 8:45 – 9:45 a.m.

12 classes = \$48.00

Very Gentle Yoga

This healing restorative class will include a floor series of basic supported Yoga postures, breathing techniques and guided meditation to rejuvenate and renew mind, body and spirit.

Instructor: Kathy Jaminson

Saturday, Oct. 2 – Dec. 18

Time: 11:15 a.m. – 12:15 p.m.

12 classes = \$48.00

Core Strength Yoga

Movement and breath work to bring awareness, circulation and strength to the muscles of the deep core, including pelvic floor work.

Instructor: Kathy Jaminson

Saturday, Oct. 2 – Dec. 18

Time: 10:00 – 11:00 a.m.

12 classes = \$48.00

Beginner's Qigong

Energy exercises for strengthening and detoxification



healing. Sounds and movements are performed to help purge negative emotions such as anger, fear, grief, worry and anxiety.

Instructor: Elieth Harris

Monday, Oct. 4 – Dec. 27

(no class 10/11)

Time: 10:15 – 11:15 a.m.

12 classes = \$48.00

Pilates

An exercise system focused on improving flexibility and strength for the total body; a series of controlled movements engaging your body and mind.

Instructor: Charlene Erwin

Tuesday, Oct. 5 – Dec. 28

(no class 11/16)

Time: 9:00 – 10:00 a.m.

12 classes = \$48.00

Thursday, Oct. 7 – Dec. 16

(no class 11/11, 11/25)

Time: 11:00 - Noon

9 Classes = \$36.00

Thurs. (Inter.) Oct. 7 – Dec. 16

(no class 11/11, 11/25)

Time: 5:00 – 6:00 p.m.

9 classes = \$36.00

Strength Training

Emphasis on hand weights and exercises to stretch and tone muscles and bones.

Instructor: Sandy Adamczyk

Monday, Oct. 4 – Dec. 27

(no class 10/11)

Time: 1:00 – 2:00 p.m.

12 classes = \$36.00

Ballroom & Latin Dance

Learn to dance with your peers, build confidence and increase your coordination while developing an understanding of rhythm and timing. No partners required!

Instructor: Nicole Stavola

Tuesday, Oct. 5 – Dec. 21

Time: 1:00 – 2:00 p.m.

12 classes = \$36.00



* - Requires physicians approval, fitness intake form and signed release waiver.

Please see front desk for these forms prior to registration.

Aerobic Chair

An exercise routine that develops strength for legs and upper body while providing an aerobic workout. It's fun, too!

Instructor: Ruth Sherman

Tuesday, Oct. 5 – Dec. 28

Time: 9:45 – 10:30 a.m.

13 classes = \$19.50

Thursday, Oct. 7 – Dec. 16

(no class 11/11, 11/25)

Time: 9:45 – 10:30 a.m.

9 classes = \$13.50

Dance and Stretch

A dance inspired cardio fitness program that is great for men and women. Learn the basic steps of Merengue, Mombo, Cha Cha, Foxtrot, Waltz and Tango. Enjoy the up-beat rhythms of Latin America music, along with the Big Band era. No partners required.

Instructor: Sandy Adamczyk

Wednesday, Oct. 6 – Dec. 22

Time: 1:00 – 2:00 p.m.

12 classes = \$36.00

Parkinson's Fitness Class

Specifically designed for the Parkinson's Support Group participants. The fitness class will meet every Wednesday from 10:00 – 10:45 a.m. with the exception of the 4th Wednesday of the month when the Parkinson's Support Group will meet with Paul Green. Instructor, Ruth Sherman will lead the exercise class through balance, stretch and weight-bearing exercises. Offered free of charge, thanks to a grant received from the State of CT.

Tai Chi

Mari Lewis teaches the Yang method of Tai Chi, a pleasurable and beautiful form of exercise that builds strength, balance and peace of mind.

Wednesday, Oct. 6 – Dec. 29

Time: Beg. 10:30 – 11:30 a.m.

Inter. 11:00 – Noon

13 classes = \$39.00

Mari will be teaching a reinforcement class open to all beginners and intermediate students to receive corrections and extra practice.

NEW Monday, Oct. 4 – Dec. 27

(no class 10/11)

Time: 11:00 – noon

12 classes = \$36.00



Fitness Center *

Classes are held in a fully equipped work-out room in a warm and friendly environment. Certified trainers will assist and guide you during these scheduled classes.

Monday, Oct. 4 – Dec. 27

(no class 10/11)

Time: 9:30 – 10:30 **or** 10:30 – 11:30 a.m.

12 classes = \$36.00

Tuesday, Oct. 5 – Dec. 28

Time: 9:30 – 10:30 **or** 10:30 – 11:30 a.m.

13 classes = \$39.00

Wednesday, Oct. 6 – Dec. 29

Time: 9:30 – 10:30 **or** 10:30 – 11:30 a.m.

13 classes = \$39.00

Thursday, Oct. 7 – Dec. 16

(no class 11/11, 11/25)

Time: 9:30 – 10:30 **or** 10:30 – 11:30 a.m.

9 classes = \$27.00

Friday, Oct. 1 – Dec. 17

(no class 11/26)

Time: 9:30 – 10:30 **or** 10:30 – 11:30 a.m.

11 Classes = \$33.00

Open Gym*

To enroll in this program you must have completed at least six weeks of training with a certified trainer in our Fitness Center program.

Open gym times: Monday through Friday 8:30 – 9:30 a.m. \$3.00 per session. Tickets are available for purchase at the front desk.

Introduction to Exercise*

Designed for people with Arthritis, Osteoporosis or who have undergone joint replacement surgery. The fundamentals of exercise including stretching, cardiovascular and strength training will be covered. The class is self paced and is for the beginner level participant.

Instructor: Ilene Boyar

Friday, Oct. 1 – Dec. 17

(no class 11/26)

Time: 11:30 – 12:30 p.m.

11 classes = \$44.00

* - Requires physicians approval, fitness intake form and signed release waiver.

Please see front desk for these forms prior to registration.

Beg. Strength Training *

Class format includes a cardiovascular warm-up, stretching and a personalized strength training program using exercise equipment, free weights, bars and balls. It is recommended this class be taken twice a week.

Instructor: Ilene Boyar

Monday, Oct. 4 – Dec. 27

(no class 10/11, 12/20)

Time: 3:30 – 4:30 p.m.

11 classes = \$44.00

Thursday, Oct. 7 – Dec. 16

(no class 11/11, 11/25)

Time: 4:00 – 5:00 p.m.

9 classes = \$36.00

Saturday, Oct. 2 – Dec. 18

Time: 9:30 – 10:30 a.m.

12 classes = \$48.00

Beyond the Basics *

This class is a continuation of Beginning Strength Training. Each participant will receive a personalized exercise program using machines, free weights, bars and balls, to improve strength and endurance, protect joints, increase bone density and reduce body fat. This class is recommended twice a week.

Prerequisite: Must have completed at least one semester-long fitness class in the fitness center.

Instructors: Ilene Boyar, CFT, EMT, AFAA; Marina Dubrovsky, MS, ATC, CSCS. Allison Reid, MS, ATC, LAT.

Monday, Oct. 4 – Dec. 27

(no class 10/11)

Time: 11:30 – 12:30 p.m.

12 classes = \$48.00

Time: 2:00 – 3:00 p.m.

(no class: 10/11, 12/20)

11 classes = \$44.00

Tuesday, Oct. 5 – Dec. 28

Time: 11:30 – 12:30 p.m.

13 classes = \$52.00

Time: 2:00 – 3:00 p.m.

(no class 12/21)

12 classes = \$48.00

Wednesday, Oct. 6 – Dec. 29

Time: 11:30 – 12:30 p.m.

13 classes = \$52.00

2:00–3:00 p.m. **or** 3:30–4:30 p.m.

(no class 12/22)

12 classes = \$48.00

Thursday, Oct. 7 – Dec. 16

(no class 11/11, 11/25)

Time: 11:30 – 12:30 p.m. **or**

2:00–3:00 p.m. **or** 5:00 –6:00 p.m.

9 classes = \$36.00

Saturday, Oct. 2 – Dec. 18

Time: 8:30 – 9:30 **or** 10:30 – 11:30

12 classes = \$48.00

Beginner Core Strength *

Focus on strengthening the muscles of your core: abdominal, lower back, hips and pelvis. Improve posture and balance and decrease the risk of lower back pain and muscle injury.

Instructor: Ilene Boyar

Monday/Wednesday

Date: Oct. 4 – Dec. 29

Time: 3:00 – 3:30 p.m.

(no class 10/11, 12/20, 12/22)

23 classes = \$46.00

Advanced Core Strength*

This class is a continuation of Core Strength. Prerequisite – Must have

completed at least one semester-long Beginner Core or Beyond the Basics Strength Training class.

Instructor: Ilene Boyar

Tuesday/Thursday

Date: Oct. 5 – Dec. 28

(no class 11/11, 11/25, 12/21, 12/23)

Time: 3:00 – 3:30

21 classes = \$42.00

Balance Class*

This class is designed to help participants improve their balance and stability in order to decrease their risk of falls and injury.

Instructor: Ilene Boyar

Tuesday/Thursday

Date: October 5 – Dec. 28

Time: 3:30 – 4:00 p.m.

(no class 11/11, 11/25, 12/21, 12/23)

21 classes = \$42.00



Inclement Weather

If the schools are closed due to inclement weather, the Center will be closed too. If the schools are delayed, the Center will open on a regular schedule. Tune into 1350(AM), 1400 (AM), 96.7 (FM), 108 (FM), News 12, Channel 13 or www.westportnow.com

* - Requires physicians approval, fitness intake form and signed release waiver.

Please see front desk for these forms prior to registration.

Enjoying Your Computer

Westport Center for Senior Activities
October, November, December 2010

There are many places to take computer classes – online, local libraries, adult education and at local colleges. At the Westport Center for Senior Activities, we offer classes that are suitably paced to meet your needs with patient and knowledgeable instructors. Our classes are kept small with limited enrollment at reasonable rates. Students will receive personalized attention that can't be found elsewhere.

Computers 101

For those of you who are intimidated by the word “technology,” this is *your* class! Stop feeling intimidated by the 21st century! As you develop skills with your computer, you will become connected with useful information.

Learn how to turn it on, use the mouse, and keyboard basics. Other skills learned include email, word processing, and web surfing.

Dates: 11/10, 11/17 9 – Noon
11/19 10 – Noon
Cost: \$45.00

Internet/Web Classes

Learn about the Internet/Email with our informative and entertaining classes.

Introduction to the Internet

Learn the basics visiting websites ranging from shopping, finances, and genealogy to health issues.

Date: 11/8, 11/15, 11/22
10 - Noon
Cost: \$45.00

Seek and Ye Shall Find: Searching the Internet

Learn how to get the most out of the internet showing key websites, shortcuts, favorites, etc.

Date: 10/18, 10/25 10 - Noon
OR

Date: 11/29, 12/6 10 – Noon
Cost: \$25.00

Google and Beyond!

If you've used Google, discover new features (shopping, maps, personal calendars, and local services) in this educational and fun-filled class. In addition learn about other search websites including Bing. Have a basic knowledge of the keyboard and Internet.

Date: 11/17 1 – 4 pm
Cost: \$25.00

Mac or PC?

The skills taught in our classes (on Dell computers) can be used on a Mac.

Internet 202

There's a lot more for you to learn than you realize! Even though you possess more than the basic skills, this class will cover a lot more: tips on becoming a power user so you can discover online bargains, “freebies,” local services, research and much more.

Tips regarding online safety are also discussed.

Date: 11/22 1 – 4 pm
Cost: \$25.00

Email basics

Learn the basics of sending a message, attachments, and more!

Date: 11/5 10 – Noon
Cost: \$25.00

Intro to eBay

With the upcoming holidays, eBay, is a great source to sell and buy! This class will do both.



The instructor will show you how to seek out merchandise, determine seller's reputation and bid successfully.

Users will learn how to establish accounts to buy or sell.

Date: 11/9 9 – Noon
Cost: \$25.00

Laptop/Netbook Basics

This class is a perfect follow-up for the computers 101 class if you happen to own a laptop or netbook!

This single session will help you to become familiar with it. In addition to the applications it comes with; learn a few basics in hooking up to a wireless connection, charging, storage, etc. **Bring your laptop and power cord to class!**

This class is designed for those with PCs. The instructor is not familiar with Apple.

Dates: 10/28 9 – Noon
Cost: \$25.00

Technology Boot Camp

This class is designed for those who know the basics of their PC. Students must know the mouse and the keyboard. Polish up and/or learn new skills with Word (word processing), Excel (numbers and formulas), and keep your files organized. Students will obtain a basic review / refresher on all these topics. Bring questions!

Dates: 10/19, 10/21 9 – Noon

Cost: \$45.00

Greeting Card Design (& more) with Microsoft Publisher

Learn more than just creating greeting cards! Make unique holiday or note cards for a frac-



tion of the cost! Learn other functions (newsletters, brochures) in this user friendly program.

Date: 11/2 9 – Noon

Cost: \$25.00

Mail Merge

Need to address and mail many items such as letters, envelopes or labels for the holidays? Be familiar with Word basics, keyboard & mouse.

Dates: 11/15 1 – 4 pm

Cost: \$25.00

Online Social Connections

Do the terms Facebook, Myspace, Twitter, and LinkedIn confuse you? Are you trying to demystify and understand what your friends, grandchildren are up to? All of these sites are free to join. You may be able to connect with old friends!

In addition, learn about online safety and security to protect your identity and what you wish to share.

Date: 12/6 1 – 4 pm

Cost: \$25.00

Our affordable classes have skilled, patient instructors. Learning experience is pleasurable. Some classes have prerequisites. Handouts are included with each class. Questions? Call 203-341-5099

Photography

These classes will help you to take better vacation pictures but to also improve them once they've been taken!

Introduction to Digital Photography

This class is for those of you who already have a digital camera. Each camera's features will be discussed generically.



Instructor works individually with you to demonstrate the basic functions on your camera. Learn basic retouching and cropping techniques on PC.

Bring:

- Camera with fully charged batteries
- Cables belonging to the camera
- Storage media (memory card)

Dates: 10/5, 10/7 9 – Noon

Cost: \$45.00

Working with Scanners

Scan a picture and convert it digitally so that it can be retouched, emailed or stored. Learn how scans can be used in presentations.

You can improve the quality of your photos at home or learn the skills in our Photoshop Elements classes.

Bring 12-15 photos to class.

Date: 11/4 9 – Noon

Cost: \$25.00

Photo Enhancement/Restoration with Photoshop Elements

Improve your photos with cropping, contrast, improving color, removing red-eye, etc., this course is for you! Skills will show you how to restore damaged photos.

Experience with the mouse is necessary. Optional: bring a flash drive to class if you wish to take your work home. (3 sessions)

Dates: 11/30, 12/2 & 12/7

1 – 4 pm

Cost: \$45.00

Improving your Digital Photography Skills

This class is for those who have been doing digital photography for a while. In this session, learn how to further develop your photography skills. Take better photos this holiday! Bring in photos (prints, on disk, or in your camera) to receive honest yet friendly feedback on your photos. Time permitting, students will learn some photo finishing techniques with Photoshop Elements.

Bring:

- Camera with fully charged batteries and cable
- Photos

Dates: 12/8

1 – 4 pm

Cost: \$25.00

Computer Clinic – FREE!

Why can't I download that file? This weekly drop in class will assist you with computer dilemmas.

Instructor: Andree Brooks

Fridays, 3:00 – 4:00 pm

Fridays with Frank!

Make an appointment with Frank to have personalized training on almost any PC topic Limit: 2 times per month.

Call 203-341-5099 to schedule.

Time: 9:00 - Noon

Price: \$3/appointment

The Westport Center for Senior Activities

Registration Worksheet

4th Quarter 2010

Westport Residents: Registration Starts Monday, Sept. 13th at 8:30 a.m.
Out-of-Town: Registration Starts Monday, Sept. 20th at 8:30 a.m.

In a joint effort to expedite the registration process for both senior registrants and The Center's staff, we ask that you please complete this form prior to approaching the front desk to register. Classes will be filled on a first come first served basis, with Westport residents getting priority.

The line and waiting time for registration at the start of a new quarter has grown longer, as both our class offerings and number of registrants increase each semester. Completion of this worksheet will result in less waiting time for you and your fellow seniors and a smoother process for all. Should you require clarification about any registration issues, please feel free to call us prior to the start of open registration at 203-341-5099.

Registration fees will be accepted via cash or check. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks written in advance may be made payable to WCSA or they may be stamped at the front desk.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u> (if available)	<u>Fee</u>
				\$
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Westport Resident? ___Yes ___No

If you would like to receive an email of weekly upcoming Center events and you are not already on our list, please provide your email address below:

Thank You for your assistance in expediting the registration process!

We wish you all an enjoyable and fulfilling semester of classes, lectures and workshops.